

The Indiana State Department of Health (ISDH), in collaboration with the Indiana Department of Child Services (DCS), has established partnerships with agencies throughout the State to provide safe sleep education and Infant Survival Kits (pictured below). As part of the program, we will provide a number of educational materials that will help caregivers learn more about safe sleep. Our educational materials focus on three key risk reduction recommendations from the American Academy of Pediatrics and the National Institutes of Health:

- 1) that infants sleep safest **ALONE**,
- 2) on their **BACK** and
- 3) in a **CRIB** - separate sleep environment.

ISDH is committed to the proper education of all parents and caregivers with regard to providing a safe sleep environment for their infants. It is crucial that we and our partnering agencies provide a clear, consistent education message to the public, in conjunction with the crib and other tools that promote safe sleep.

"This week I had a mom that was having her baby sleep in a clothes basket. After the visit I called and made a referral to community partners. Within a few hours a worker was at her door with a pack-n-play, sleep sack, DVD and book and completed safe sleep training with her. I was really impressed with how quickly they sent someone out and wanted to make sure everyone was aware that they do this and that it is a great program!"

-Monroe County Family Case Manager

If you are in need of a safe place for an infant to sleep, please contact:

MCH MOMS Helpline:

1-844-MCH MOMS

(844-624-6667)

If you are interested in partnering as a distribution site, please email the Safe Sleep

Coordinator:

SafeSleep@isdh.in.gov

Safe Sleep Survival Kit



Indiana Safe Sleep Collaborative



Indiana State
Department of Health

www.StateHealth.in.gov



Safe Sleep ABCs

Alone

Always put
your baby
to sleep alone

Back

Always put
your baby
on their back

Crib

Always put
your baby
to sleep in an
uncluttered
crib

Program Overview

The Indiana Safe Sleep Collaborative strives to reduce the Infant Mortality Rate in Indiana by providing early intervention and education through direct, consultative services to infant caregivers.

Intervention methods include:

- Increasing expectant parents knowledge of proper prenatal and newborn care
- Increasing parent and caregiver awareness of SIDS and SIDS risk reduction methods
- Motivating parents and caregiver to follow safe sleep recommendations
- Influencing parent and caregiver attitudes toward bed-sharing
- Reinforcing the importance of institutionalizing Safe to Sleep messages within the community

Eligibility requirements:

- Mothers must be pregnant and within 4 weeks of expected delivery date; or infant is less than 1 year of age
- The parent/caregiver does not have a crib
- The parent/caregiver must attend a safe sleep education session
- There are NO financial prerequisites

Always put your baby to sleep **ALONE**. Do not sleep with a baby ever. Do not share sleeping spaces—even with siblings.

Always put your baby on their **BACK**. Placing a baby on their back greatly reduces infant deaths.

Always put your baby to sleep in a **CRIB**. Use a firm mattress covered by a fitted sheet. Do not put a baby to sleep on a bed or couch. Keep pillows, stuffed animals, bumper pads and other soft items out of the baby's sleeping area. And keep all items away from the baby's face. Also, refrain from using car seats, swings or strollers for routine sleep.